



5 minute recipes

by Mary Blake

Soups

Dressings and Sauces

Desserts

PURE MILK, evaporated to
double richness; kept safe
by sterilization.

"From Contented Cows"



Good for One Copy of
MARY BLAKE'S COOK BOOK

THIS coupon entitles you to one copy of Mary Blake's Cook Book which contains 100 carefully tested recipes. Cut out this coupon and mail to CARNATION COMPANY, Carnation Building, Oconomowoc, Wisconsin, or Stuart Building, Seattle, Washington.

Name

Street

City and State

C-263 F

Printed in U.S.A.

Time Saving Recipes

—

When "hubby" telephones at the last minute that he is just starting home and is bringing a friend to dinner, the thoughtful housewife refuses to get flustered for she is prepared for just such an emergency.

She merely turns to that treasured envelope of recipes that can be prepared in a jiffy and selects one that will add just the right touch to the meal that is ready to be put on the table the minute the children cry—"Here's daddy."

Perhaps you keep such an envelope. If you do, add to it this little collection of 5 minute recipes. They have saved the day many a time and turned an ordinary meal into a triumph.

If you have never tried Carnation Milk in cooking you will marvel at the creaminess of the soups, the richness of the sauces and puddings, the fine texture of the cakes. You will be proud to serve such dishes to any guest. And because these dishes are easily prepared as well as delicious you will enjoy serving them often.

Carnation is pure whole milk, evaporated to double richness, and sterilized for safe keeping. Keep your shelves stocked with this double rich milk. Its convenience, dependability, economy and creaminess will please you; Carnation cookery will delight you.

Your grocer sells Carnation Milk.

NOTE: As a general rule for cooking, simply dilute Carnation with a little more than equal volume of water. For coffee, use Carnation in its full richness.

Cream of Tomato Soup

1 can of tomato soup

1 tall can of Carnation Milk

Heat the milk and the tomato soup separately, watching carefully to prevent scorching. When both are piping hot (not boiling) and you are ready to serve, pour the hot tomato into the hot Carnation and serve immediately. This makes a thick and delicious soup. Serves 4.

Cream of Mushroom Soup

1 can mushrooms (8-oz.)

3 tbsp. flour

(Get can containing stems and broken pieces)

$\frac{1}{8}$ tsp. pepper

2 tbsp. butter

1 tsp. salt

2 cups Carnation Milk

Paprika

Drain and measure liquor from mushrooms and add enough water to make 2 cups of liquid. Add chopped mushrooms and simmer for 15 minutes. Make white sauce of the butter, flour, seasonings, and Carnation. Add mushrooms with their liquid and serve while hot. Serves 6.

Cream of Potato Soup

3 medium sized potatoes

$\frac{1}{8}$ tsp. pepper

2 slices onion

$\frac{1}{4}$ tsp. celery salt

2 tbsp. butter

2 cups Carnation Milk

2 tbsp. flour

2 cups potato water

1 $\frac{1}{2}$ tsp. salt

1 tbsp. chopped parsley

Cut potatoes in small pieces and cook with onion in boiling salted water until tender—use 3 cups of water and $\frac{1}{2}$ tsp. salt. Drain (saving the potato water) and rub the potatoes through a sieve. There should be about 2 cups of potato pulp. Make a white sauce of the butter, flour, seasonings, Carnation and potato water. Add slowly to the potatoes, stirring to keep smooth. Re-heat in the double boiler. Sprinkle with chopped parsley and serve very hot. Serves 6.

Oyster Stew

1 pint oysters

1 tsp. salt

2 cups Carnation

$\frac{1}{8}$ tsp. pepper

2 cups water

$\frac{1}{4}$ tsp. celery salt

2 tbsp. butter

1 tbsp. chopped parsley

Paprika

Carefully clean the oysters, removing any bits of shell. Heat in their own liquor until the edges curl. Season and add with butter and parsley to the 2 cups of Carnation and 2 cups of water which have been scalded together. Serves 6.

Soups

Dressings and Sauces

Desserts

Ham, Country Style

2 slices of ham
(medium size)

2 tbsp. brown sugar
 $\frac{3}{4}$ cup Carnation Milk

Panfry the ham until it is well browned; sprinkle both sides with brown sugar and continue cooking until sugar is melted. Remove ham from the pan and add the Carnation to the syrup in the pan. Cook until slightly thickened, stirring carefully to prevent scorching. Pour browned cream gravy over the ham. Serves 6.

Creamed Chipped Beef

$\frac{1}{4}$ lb. chipped beef
 2 tbsp. butter
 2 $\frac{1}{2}$ tbsp. flour

$\frac{1}{2}$ tsp. salt
 $\frac{8}{4}$ cup Carnation Milk
 $\frac{8}{4}$ cup water

Pepper

Shred the dried beef, cover with hot water, let stand 10 minutes, then drain. Make a white sauce of the butter, flour, seasonings and Carnation diluted with $\frac{3}{4}$ cup water. Add the chipped beef and serve on toast points or with mashed or baked potatoes. Serves 4.

Curried Shrimp

3 tbsp. butter
3 tbsp. diced onion
3 tbsp. flour
2 tsp. curry powder

1 tsp. salt
Few grains pepper
1 cup Carnation Milk
1 cup water

2 cups shrimp

Scald Carnation and water together. Melt butter, add diced onion and cook for 3 minutes; add flour, curry powder, salt and pepper and mix thoroughly; add scalded milk, stirring constantly until smooth and thick. Cook over hot water for 10 minutes. Drain the shrimps, remove the dark vein; break the shrimps into pieces and add to curry sauce. When mixture is heated serve in patty shells or on toast points. Garnish with parsley. Serves 8.

Lobster a la Newburg

1 1/2 tbsp. butter
1 1/2 tbsp. flour
1/2 tsp. salt

$\frac{1}{2}$ cup Carnation Milk
 $\frac{1}{2}$ cup water
 2 hard cooked eggs
 $\frac{1}{2}$ tbsp. Worcestershire sauce

Few grains pepper

2 cups lobster

Make a white sauce of the butter, flour, salt, pepper and Carnation diluted with the water. Add eggs which have been mashed and lobster which has been boned and cut into small pieces. Heat thoroughly and add the Worcestershire sauce just before serving. Three tablespoons Sherry flavoring can be used instead of Worcestershire sauce if desired. Serves 5.

Meats and Fish

Butterscotch Cream

1 cup Carnation Milk	$\frac{1}{8}$ cup cold water
$\frac{2}{8}$ cup water	1 tbsp. butter
3 tbsp. cornstarch	2 eggs
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup chopped dates
$\frac{1}{2}$ cup brown sugar	$\frac{1}{8}$ cup chopped nuts
1 tsp. Vanilla	

Scald Carnation diluted with $\frac{3}{8}$ cup water. Combine cornstarch, salt and sugar; mix with $\frac{1}{8}$ cup cold water and add gradually to scalded Carnation. Cook over hot water for 15 minutes, stirring constantly until thickened; add butter. Combine with beaten egg and cook 2 minutes longer. Add dates, nuts and vanilla. Pour into serving dishes and chill. Serves 5.

Chocolate Blanc Mange

2 tbsp. cornstarch (use 3 tbsp. for molding)	1 cup Carnation Milk
$\frac{1}{8}$ cup sugar	1 $\frac{1}{2}$ sqs. unsweetened chocolate
$\frac{1}{4}$ tsp. salt	1 egg
1 $\frac{1}{8}$ cups cold water	1 tsp. vanilla

Combine cornstarch, sugar, and salt, mixing thoroughly. Mix with $\frac{1}{8}$ cup cold water and add slowly to 1 cup of Carnation which has been diluted and scalded with 1 cup of water. Cook over hot water for 15 minutes, stirring constantly until thickened. Melt chocolate and add to cooked mixture; then add to the well beaten egg and cook 2 minutes longer. Remove from fire, add flavoring and chill. Serves 5.

Pineapple Tapioca Pudding

$\frac{1}{8}$ cup tapioca	2 cups water
Few grains salt	2 eggs
$\frac{3}{4}$ cup sugar	1 cup crushed pineapple
2 cups Carnation Milk	1 tsp. vanilla

Heat Carnation and water together. Add tapioca, salt and sugar to hot milk. Cook in a double boiler for 25 minutes, or until tapioca is transparent. Pour into well beaten eggs, return to double boiler and continue cooking for 2 minutes. Add pineapple and vanilla. Chill. Serves 8.

Peach Cake

1 $\frac{3}{4}$ cups pastry flour	$\frac{1}{8}$ cup Carnation Milk
2 $\frac{1}{2}$ tsp. baking powder	$\frac{1}{8}$ cup water
$\frac{1}{4}$ tsp. salt	$\frac{1}{8}$ tsp. vanilla
1 cup sugar	$\frac{1}{8}$ cup fat, softened
2 eggs	Peach preserves

Measure flour, after sifting once. Resift with baking powder and salt. Add sugar, unbeaten eggs, Carnation, water and vanilla. Beat thoroughly, then add the softened fat, beating vigorously. Bake in 2 layers in a moderate (375° F) oven. Put layers together with peach preserves, jam, or marmalade. Sift powdered sugar over the top.

Potatoes au Gratin

- 3 cups cooked potatoes, diced
- 2 cups White Sauce (see recipe under Sauces)
- 1 tbsp. chopped parsley
- $\frac{1}{2}$ cup grated cheese
- $\frac{1}{2}$ cup bread crumbs, stirred in 2 tbsp. melted butter

Heat potatoes in white sauce; pour into a buttered baking dish, sprinkle top with parsley, then with cheese and finally with buttered crumbs. Bake in a hot oven (400° F) until crumbs are brown. Serves 5.

Lima Beans en Casserole

- 3 slices bacon
- 1 medium onion
- $\frac{1}{2}$ green pepper
- 1 can Lima beans (size No. 2)
- Salt and pepper
- 1 cup White Sauce (see recipe under Sauces)
- $\frac{1}{2}$ cup bread crumbs stirred in
- 2 tbsp. melted butter

Panbroil the bacon; remove from the pan and add diced onion and green pepper; cook until soft. In a greased casserole place a layer of beans sprinkled with diced onion, green pepper, bacon chips, salt and pepper, and a layer of white sauce. Repeat until all is used. Cover the top layer with buttered crumbs and brown in a moderate oven. Serves 6.

Asparagus a la Hollandaise

- 1 can asparagus tips
- Pimiento
- Mock Hollandaise Sauce (See recipe under Sauces)

Heat asparagus and arrange on toast on a hot platter. Serve with Mock Hollandaise Sauce. Garnish with strips of pimiento.

Scalloped Corn

- $\frac{1}{2}$ green pepper, diced
- $\frac{1}{2}$ small onion, diced
- 2 tbsp. butter
- 2 tbsp. flour
- 1 tsp. salt
- Few grains pepper
- $\frac{1}{3}$ cup Carnation Milk
- $\frac{1}{3}$ cup water
- 2 cups canned corn
- 1 egg
- $\frac{1}{2}$ cup bread crumbs, stirred in 2 tbsp. butter, melted
- Paprika

Cook pepper and onion in butter for 5 minutes; add flour, seasonings and Carnation diluted with water. Stir constantly until smooth and thick. Cook over hot water for 10 minutes. Combine with corn and beaten egg. Put mixture into a casserole, cover with buttered bread crumbs and brown in the oven. Serves 6.

Creamed Vegetables

Use 2 cups of vegetable to 1 cup of one of the sauces given under Sauces. Pour the hot sauce over the vegetables and mix gently with a fork so as to preserve the dices, squares, strips, or slices of vegetable. Heat thoroughly and serve. Garnish with grated cheese, parsley, paprika, slice of hard cooked egg, broiled bacon, pimiento or green pepper.

Vegetables

Creamy No Egg Mayonnaise

(For FRUIT SALAD DRESSING use $1\frac{1}{2}$ tbsp. sugar and 2 tbsp. vinegar instead of amounts given below.)

2 tsp. sugar	$\frac{1}{2}$ tsp. dry mustard
$\frac{1}{2}$ tsp. paprika	$\frac{1}{2}$ cup Carnation Milk
$\frac{1}{2}$ tsp. salt	$2\frac{1}{2}$ tbsp. vinegar
Few grains pepper	$1\frac{1}{4}$ - $1\frac{1}{2}$ cups salad oil

Mix dry ingredients with Carnation; beat in vinegar; add oil gradually, beating thoroughly. Chill. Since the mixture thickens somewhat when chilled it may be desirable to thin it with undiluted Carnation before using, or less oil can be used if a thinner mixture is desired. Store in a glass covered jar in a cold place. Recipe makes 1 pint.

Thousand Island Dressing

2 cups Mayonnaise	3 tbsp. diced pimiento
$\frac{1}{2}$ cup Chili Sauce	3 tbsp. diced green pepper
1 tsp. finely cut onion	2 hard cooked eggs, cut fine
3 tbsp. chopped sweet pickle	

Mix the ingredients and keep in a cool place until ready to use. Excellent with any vegetable salad.

White Sauce

(For Creaming Vegetables)

$1\frac{1}{2}$ tbsp. butter	Few grains pepper
$1\frac{1}{2}$ tbsp. flour	$\frac{1}{2}$ cup Carnation Milk
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup of water or vegetable liquid

Melt fat in top part of double boiler; add flour and seasonings and mix thoroughly. Add the Carnation diluted with water (water in which vegetables have been cooked or canned is preferred.) Stir constantly until smooth and thick. Place over hot water and continue cooking for 10 minutes, stirring occasionally.

Variations in White Sauce

Add any one of the following ingredients: $\frac{1}{3}$ cup of grated cheese, 3 tbsp. chopped pimiento, 1 chopped hard cooked egg, 1 tbsp. chopped parsley, $\frac{1}{4}$ tsp. celery salt, $\frac{1}{2}$ diced green pepper, or chips of broiled bacon to 1 cup of White Sauce.

Mock Hollandaise Sauce

1 tbsp. butter	$\frac{3}{4}$ cup Carnation Milk
2 tbsp. flour	2 egg yolks
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup butter
$\frac{1}{8}$ tsp. pepper	1 tbsp. lemon juice

Few grains cayenne

Follow method given above for White Sauce. Stir in beaten egg yolks after sauce is cooked and then add butter, bit by bit, and finally the lemon juice. Serve hot with vegetables or fish.

Dressings and Sauces

Waffles

- | | |
|----------------------|-------------------------|
| 1½ cups pastry flour | ⅓ cup Carnation Milk |
| ½ tsp. salt | ⅔ cup water |
| 3 tsp. baking powder | 1 tbsp. butter (melted) |
| 2 eggs | 1 tbsp. sugar |

Sift the dry ingredients. Dilute the Carnation with the water. Beat eggs until foamy, add milk and melted fat. Stir liquids quickly into dry ingredients. Bake in a hot waffle iron until brown and crisp.

Cheese Biscuits

- | | |
|----------------------|------------------------------|
| 2 cups bread flour | ½ cup grated American cheese |
| 4 tsp. baking powder | 4 tbsp. cold fat |
| 1 tsp. salt | ⅓ cup Carnation Milk |
| 2 tsp. sugar | ⅔ cup water |

Sift dry ingredients, add grated cheese and rub in shortening with finger tips or cut in with two knives. Add Carnation diluted with the water. Drop by spoonful onto a greased tin and bake in a hot (450° F) oven for 10 or 12 minutes. Makes 15 biscuits.

Cocoa

Hot or Iced

- | | |
|-----------------|------------------------|
| 3 tbsp. cocoa | 3 cups hot water |
| 3 tbsp. sugar | 2¼ cups Carnation Milk |
| Few grains salt | ½ tsp. vanilla |

Mix cocoa, sugar and salt. Add ¾ cup of hot water and cook over a low fire 5 minutes, stirring constantly to prevent burning. Add Carnation diluted with 2¼ cups hot water and cook over boiling water 10 minutes longer. Add vanilla; whisk with a Dover egg beater just before serving. Place a marshmallow in the cup and pour over it the hot cocoa. Serves 6.

To make ICED COCOA, chill and serve in goblets with a cube of ice.

Coffee

- | | |
|-----------------------------|----------------------|
| ½ cup coffee, ground medium | ½ cup cold water |
| ½ egg | 3 cups boiling water |
| ¼ cup cold water | |

Mix the egg and ¼ cup cold water and add to the coffee in the pot. Add boiling water, boil up once, stir with a spoon and boil up again. Add the ¼ cup cold water to settle coffee. Serve immediately. Cream with undiluted Carnation. Serves 5.

Specialties and Beverages